

Garden 4 Wellness

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Healing Hubs for Communities

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OVERVIEW

Garden 4 Wellness seeks to address the growing obesity crisis in the United States through holistic, natural health solutions. Our mission is to heal communities by providing education on natural cures, creating supportive environments for alternative healthcare, and fostering a community of healers. This proposal outlines our plan to establish a Healing Hub in food desert neighborhoods, establish community garden and wellness training, and provide ongoing support through virtual and in-person initiatives.

THROUGH OUR SERVICES

Grow gardens to support communities that want to thrive!

Grandparents and parents who want to heal and share their experiences with their children.

Non Profit programs that want to enhance their community with resources.

Organization leaders and decision makers that want to add healing programs to their community list of healthy resources.

- Set up community gardens in food desert neighborhoods to provide fresh, healthy produce and educate residents on sustainable gardening practices.
- Offer training sessions on gardening, nutrition, and natural health practices, both in-person and virtually.
- Build a network of healers and supporters to encourage and assist individuals on their wellness journeys.

- Educate the community about natural alternatives to prescription drugs and support lifestyle changes that lead to better health outcomes.

WHERE COMMUNITIES NEED SUPPORT.

According to the US Centers for Disease Control and Prevention (CDC), 30% of adults in the USA are obese, and this figure is projected to rise to 50% by 2030, as reported by the Mayo Clinic. Many chronic diseases, which are largely preventable through lifestyle changes, are exacerbated by poor dietary choices. However, natural cures and alternative health solutions are often overlooked and not covered by insurance, leading to an over-reliance on prescription and over-the-counter drugs, which can pose significant health risks. The Garden 4 Wellness program aims to combat these issues by promoting natural health practices and creating accessible community resources.

OUR SOLUTION

Healing Hub and Community Garden Initiative

Garden 4 Wellness will initiate the Healing Hub project by identifying food desert neighborhoods in Tennessee and surrounding areas. Our experienced team will collaborate with local community leaders to set up community gardens that serve as hubs for fresh produce and health education.

Phase 1: Community Assessment and Planning

- Conduct surveys and engage with community members to identify needs and gather support.
- Partner with local organizations to secure garden locations and resources.

Phase 2: Garden Installation and Training

- Set up garden infrastructure with raised beds, composting systems, and irrigation.
- Offer workshops on gardening, plant-based nutrition, and natural health remedies.
- Train community members to manage and sustain the gardens.

Phase 3: Ongoing Support and Expansion

- Establish a virtual support network with online resources, webinars, and forums.
- Schedule regular follow-up visits to provide hands-on support and organize health and nutrition classes.

- Expand the project to new neighborhoods based on the success and lessons learned from initial implementations.

WAYS TO SUPPORT

We will improve the quality of life for participants. Although expanding our market is not measurable, we will track individuals who lose weight and keep it off. This lowers the individual's risk for chronic diseases and decreases the county's rate of obesity.